

## WHANGAREI Physiotherapy Services

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## Newsletter

Number 18  
20 July 2012



Website [www.matarau.school.nz](http://www.matarau.school.nz)

Phone / Fax (09) 433 5823 Email – [admin@matarau.school.nz](mailto:admin@matarau.school.nz)

### Thanks

.. To Clive Adams, Murray Smith Contractors and United Infrastructure for the re-metalling of the roadside opposite the school (at no cost to the school). This is a substantial improvement from both a safety and convenience point of view. On behalf of the school and all potential users .. THANKYOU!

.. To those who managed to get to mid-year interviews last term. Teachers remain highly available by appointment.

### People of the week

.. Mikaylah who drew an amazing freehand map of New Zealand this week.

.. Nathan who is about the most conscientious gardener you will ever find.

.. Tegan who has completed a record number of practice papers for the forthcoming International Schools English Examination (and Kayla who isn't far behind).

.. Jessica who wrote a FANTASTIC and very detailed story this week with plenty of juicy words.

.. Hayden and Jared who demonstrated maturity beyond their years recently by helping out at the scene of an accident.

### CONGRATULATIONS

.. to the following children who were recognised last term as shining examples of the co-operation virtue. We are proud of you and hope that your parents are too. WELL DONE!!

Rm 2	Brenna	Rm 2	Xavier
Rm 3	Esther	Rm 3	Summer
Rm 4	Charlee	Rm 4	Kobi
Rm 6	Joel	Rm 6	Rylee
Rm 7	Dannielle	Rm 7	Shiphrah
Rm 8	Abbey	Rm 8	Matthew
Rm 9	Georgia	Rm 9	Bayden
Rm 10	Shayann	Rm 10	Toby
Rm 11	Daniel	Rm 12	Hayoon
Rm 12	Andrew		

### OUR COMMENCING VIRTUE THIS TERM IS ENTHUSIASM

Please find support material attached and ..

.. take time to discuss this with your child(ren)

.. talk about how enthusiasm has benefited you in the past and how you practise this in the present.

.. help your child set some enthusiasm targets.

.. let us know of any special demonstrations of enthusiasm so that we can celebrate these through our newsletter.

### Coming up this term

23 July	Minstrel performer (cost deducted from Activity Fee)
24 July	Senior debating team to Whangarei Intermediate School
25 July	Milk in Schools up and running
30 July	Group International Students arrive
30 July	Whangarei Girls High Presentation at Matarau (more to follow)
31 July	International Schools English Examination
7 August	School Cross Country
8 August	Whangarei Girls' High School Open Evening
10 August	Mathex (1:30 PM)
13 August	School photos
14 August	International Schools Mathematics Examination
16 August	Zone Cross Country (Taniwha Challenge at TeHoro School)
23 August	Senior abseiling at Waipu
27 August	Regional Science and Technology Fair
28 August	Children year 6 and up visit the Regional Fair
30 August	Kamo High school enrolments
1 September	Trivia Night
5 September	Senior girls HPV dose 3
7 September	Interschool Cross Country at Barge Park
9-14 Sept.	AIMS Games
21 September	Northland Cross Country
24 September	School Production week .. performances to be confirmed
26 September	Shake Out Day .. more to follow
28 September	Final day of term 3

### Science and Technology Fair Representatives

Congratulations to the following students who will be representing our school at the forthcoming Science and technology fair ..

<i><b>Action Research</b></i>	<i><b>Investigation</b></i>	<i><b>Technology</b></i>
1 <sup>st</sup> - Hazel (Yr 8)	Town Rep - Shannon	Town Rep - Corey
2 <sup>nd</sup> - Laura /Emily (Yr 8)	Town Rep - Kayla	Town Rep - Brad
3 <sup>rd</sup> - Liam (Yr 8)	Town Rep - Bronson	
1 <sup>st</sup> - Ruby (Yr 7)	Town Rep - Jamahl	
2 <sup>nd</sup> - Andrew (Yr 7)		
3 <sup>rd</sup> - Jemimah (Yr 7)		
Special Awards - Hazel - Most Improved over 2 year process Min Ji - Outstanding Application and Dedication in Action Research Process		

(Parents of these students can expect further information over the next few weeks).

### The Great Train Build Off



This Saturday 21<sup>st</sup> July four Year 6 Matarau children will be participating in "The Great Train Build Off" at the Building Expo being held at Event Thirty3 Centre on Porowini Avenue. Our four children have been decorating this kitset train all week and are going to be putting it together with the help of a professional builder at tomorrow's event. The event will be taking place between 11am and 2:30pm. Four schools are participating in this event and the trains created will be auctioned off at 3pm by Robb Hart. These trains would make an excellent play hut in the backyard and all proceeds will go directly to the school that made it. Please come along and support our school.

### International Schools Competitions

.. are approaching fast (English Examination week 3). We have chased up children we think have dropped behind with their practice papers but we are heavily reliant on parents to ensure that these are completed at home. We have also met to discuss elements of test technique and so please feel free to grill your child on these. We recommend at least two more practice papers for most children and then perhaps a break before test day on 31 July.

### **Preparation for Cross Country**

You will already have noted that cross country looms pretty large this term. Children have begun their preparations and some are already "measuring up the competition". We know that not all children are champion runners but try to encourage them all to participate and to do their best. Please assist us to lift fitness levels in preparation for these events. Parents can also help by ensuring that (Monday through Thursday) children have a change of clothes, footwear suitable for road running and a drink bottle.

*This year's cross country is sponsored by Whangarei Physiotherapy.*

### **Shuffle up of some junior (year 1 and 2) students**

Children involved in our term "shuffle up" appear to be settling well .. thanks to those parents (and teachers) who have made this such a smooth transition. Teachers are more than happy to take any questions during the settling period.

### **Mrs Marvin's Literacy Class**

Parents of children in Mrs Marvin's programme are reminded that this programme finishes at the end of week 5 (17 August). Please continue to support right up until this date so that these children are in the best possible shape for re-integration into their classes. Many of these children have made some solid gains but these need further consolidation and so your on-going interest and support is essential.

### **After School Reading Labs**

A reminder to parents of children in After School Reading Labs that these labs are up and running again. This programme is a valuable adjunct to your child's class programme and an opportunity to grow skills in some important areas of need. Please show an interest in what your child is doing and ask them for the special new word each night.

**Portfolios** If you have not yet returned your child's portfolio please return this next week. Thank you.

### **Mid Year Data Reports**

These were handed out during interviews. We hope you have found these useful. Remember that trends and patterns are much more important than one off results. Any questions don't hesitate to ask.

### **School Production**

If you are interested in helping in some way please get in touch with Simon Schuster asap, either by the school phone or you can email [sms.schuster@gmail.com](mailto:sms.schuster@gmail.com).

### **Milk in Schools**

.. starts up next Wednesday. Milk will be issued from the canteen during intervals on a Monday and a Wednesday. If you would like to opt your child in, and have not yet done so, please give the office a call. Please note that children will need to report to the canteen on/at the designated days/times .. they will not be chased up and milk will not be delivered to classrooms. If available to help with distribution please contact Sharon Smith on 027 631 9361.

### **Headlice Inspection**

Will be held Wednesday 1 August 2012. Please contact Donna Cates at school if able to help out. All parents are asked to check their children's hair weekly and to take necessary action promptly in the event of infestation.

### **Calf Club Day**

This is early notice that Calf Club Day is scheduled for Thursday 18 October (the Thursday before Labour Weekend). Calf and lamb rearing books are available from the office for those children unsure of what the judges look for on the day, along with a short description of calf club and what it involves for new families. Much more to follow.

### Year 7 and 8 Technology Programme

.. started today and will run for the rest of the year. Each Friday parents are asked to ensure that children have appropriate clothing and footwear (and their lunches) and that they are at school no later than 8:45 AM for an early bus departure .. please note that the bus cannot wait! Any questions please to Mr D. or Mrs Donaldson.

### Year 7 and 8 Technology Fee

Some year 7 and 8 technology fees remain outstanding. As the technology programme started this week it is essential that we have this money so your child has full access to the materials they need. If you are not sure whether or not you have paid, or if you want to discuss a time payment arrangement, please contact Kevin or the school office urgently.

**Scholastic Issue No. 5** Was sent home this week. Payments and orders are due back by Friday 27<sup>th</sup> July.

### Mrs Witte

It is with regret that we advise that Mrs Witte has tendered her resignation effective from 20 August to take up a teaching position in Dubai. Mrs Witte has been a conscientious much valued staff member since her arrival here six years ago and she will be sorely missed. We recognise that this is an exciting opportunity for Mrs Witte and we wish her well with her future professional and travel plans.

**Please note that we will be holding a farewell morning tea for Mrs Witte 10:30 AM Tuesday 14 August and parents are warmly invited to be present at this morning tea.** If you think you can make it please give Helen a call so we can confirm catering arrangements. This is an opportunity for us to celebrate Mrs Witte's contributions to our school and to extend our best wishes.

(I am pleased to advise the parents of room 8 children that Mrs Scheibmair will be teaching in room 8 until the end of the year. Mrs Scheibmair is an extremely good teacher with experience picking up classes part way through the year. Mrs Scheibmair and Mrs Witte are already working to ensure a seamless transition).

### Mrs Burgin / Mrs Gunson

The above teachers will commence maternity leave as follows .. Mrs Burgin from 27 August (beginning of week 7) and Mrs Gunson (beginning of week 8). We wish Mrs Burgin and Mrs Gunson well for the months ahead and will update you when the new additions to their families arrive.

Miss Williams (Rochelle) will teach in room 7 until the end of the year. Rochelle is already doing a fantastic job in this room and has the added benefit of having run the literacy programme in this room for an extended time. Mrs Rachel Dow will teach in room 10. Mrs Dow comes very well recommended and is extremely excited to be teaching in this room. In both cases efforts have been under way for some time to ensure a smooth transition in these rooms.

### Finally

SOME AIRLINE HUMOUR Qantas Airlines: Repair Division

After every flight, Qantas pilots fill out a form, called a "Gripe Sheet" which tells mechanics about problems with the aircraft. The mechanics correct the problems; document their repairs on the form, and then pilots review the Gripe Sheets before the next flight. Never let it be said that ground crews lack a sense of humour. Here are some actual maintenance complaints submitted by Qantas' pilots (marked with a P) and the solutions recorded (marked with an S) by maintenance engineers. By the way, Qantas is the only major airline that has never, ever, had an accident. WILL FEED YOU ONE A WEEK.

**P: Left inside main tyre almost needs replacement.**

**S: Almost replaced left inside main tyre.**

Have a great weekend!

### Finally Finally - couldn't resist

Did you notice this week that a Melbourne family has just won a 50 year battle for compensation for deformities arising from taking the drug thalidomide. The parents, now in their mid seventies, have looked after their daughter for 50 years and are celebrating the fact that their daughter (now aged 52) will be cared for when they have gone. The camera panned to the brave 52 year old woman without limbs, and thus unable to wipe the tears from her eyes. How can we but be inspired by such people .. and why has it taken a multi-billion dollar drug company 50 years to extend a hand? Helps you get perspective doesn't it?

**Remember ..** our newsletter is available through our website and can be emailed on request.

Regards  
Kevin Trehwella  
PRINCIPAL

Our Sponsors support your  
children, please support



### Lost

Last day of last term Olive Green Technifleece long sleeve top, size 10. Please if found return to Ethan Hare, Room 9.

### Community Notices

After School Drama Classes - Wednesdays @ Whangarei Intermediate School, ages 8-11 4:30 -5:30, ages 12 plus 5:30- 6:30  
Ph 433 0288, [info@makingascene.co.nz](mailto:info@makingascene.co.nz).

Art Competition for Calf Club – Children rearing a calf for calf club can enter this competition, [www.calfclub.co.nz](http://www.calfclub.co.nz) for more details. Win prizes for you, your parents and your school.

Meadow Fresh Promotion – Register online at [www.meadowfresh.co.nz](http://www.meadowfresh.co.nz) and be into win \$500,000 worth of art and sports gear for school by collecting yellow Cool Stuff for Kids stickers found on specially stickered Meadow fresh milk and yoghurt packs. Entries must be received by Friday 26 October 2012.

Bobby Calf Fundraiser – AFFCO NZ Ltd is again running the Cash for schools bobby calf fundraising programme this season. This is a fantastic opportunity to generate cash for the school. Last year AFFCO NZ Ltd donated more than \$100,000 to local schools as a result of the programme. All you have to do is register your bobby calves with AFFCO NZ Ltd for the current season, and nominate our school for the donation. It doesn't cost you anything because AFFCO NZ Ltd pays the donation over and above normal supplier payments. If you don't have a dairy farm, then sign up your neighbours, friends and whanau. So get in behind the school and register your bobby calves today.

# School Fundraising

## *Raffle Tickets*

Please return all sold or unsold tickets to the office by **Friday 20<sup>th</sup> July**. Many thanks for supporting our fundraising efforts.

## Trivia Night

### Helpers Please!

Anyone able to help out with our Trivia Night this year would be greatly appreciated. This is a big fundraiser for the school and we are grateful for any help given big or small.

A meeting will be held on Thursday 26 July at 7.30pm in the school staff room. For those that can't make the meeting please contact Wendy Francis on 435 4659 for further details.



## Matarau School Ball 2012

coming in Term 4

*Watch this space*



# FRIDAY SCHOOL LUNCHES

HAVE A DAY OFF MAKING LUNCHES AND SUPPORT THE SCHOOL!

- ☺ Below is an order form for **Friday** lunches.
- ☺ These can be ordered for the term in advance, or weekly if desired.
- ☺ Please have weekly orders placed at the school office by the Wednesday to receive an order the following Friday.
- ☺ Please make cheques payable to Matarau School.

Thanks for supporting our fundraiser.

## WEEKLY ORDER FORM – Term 3 2012

Child \_\_\_\_\_

\_\_\_ Sausage Roll/Muesli Bar/Drink \$4.00  
\_\_\_ Big Daddy Sausage Roll/Drink \$4.00  
\_\_\_ Milk Drink - extra 50c

Room \_\_\_\_\_

\_\_\_ Mince Pie or Mince N Cheese/Drink \$4.00  
\_\_\_ Mince N Cheese or Butter Chicken Wrap/Drink \$4.00

Child \_\_\_\_\_

\_\_\_ Sausage Roll/Muesli Bar/Drink \$4.00  
\_\_\_ Big Daddy Sausage Roll/Drink \$4.00  
\_\_\_ Milk Drink - extra 50c

Room \_\_\_\_\_

\_\_\_ Mince Pie or Mince N Cheese/Drink \$4.00  
\_\_\_ Mince N Cheese or Butter Chicken Wrap/Drink \$4.00

Child \_\_\_\_\_

\_\_\_ Sausage Roll/Muesli Bar/Drink \$4.00  
\_\_\_ Big Daddy Sausage Roll/Drink \$4.00  
\_\_\_ Milk Drink - extra 50c

Room \_\_\_\_\_

\_\_\_ Mince Pie or Mince N Cheese/Drink \$4.00  
\_\_\_ Mince N Cheese or Butter Chicken Wrap/Drink \$4.00

Child \_\_\_\_\_

\_\_\_ Sausage Roll/Muesli Bar/Drink \$4.00  
\_\_\_ Big Daddy Sausage Roll/Drink \$4.00  
\_\_\_ Milk Drink - extra 50c

Room \_\_\_\_\_

\_\_\_ Mince Pie or Mince N Cheese/Drink \$4.00  
\_\_\_ Mince N Cheese or Butter Chicken Wrap/Drink \$4.00

Child \_\_\_\_\_

\_\_\_ Sausage Roll/Muesli Bar/Drink \$4.00  
\_\_\_ Big Daddy Sausage Roll/Drink \$4.00  
\_\_\_ Milk Drink - extra 50c

Room \_\_\_\_\_

\_\_\_ Mince Pie or Mince N Cheese/Drink \$4.00  
\_\_\_ Mince N Cheese or Butter Chicken Wrap/Drink \$4.00

TERM ORDER - Total Amount Owing For Term 3 - 10 Wks Maximum Available

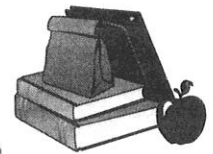
Items @ \$4.00 x \_\_\_\_\_ weeks =

Items @ \$4.50 x \_\_\_\_\_ weeks =

In the case of a child's absence from school and instructions to the contrary, we are unable to refund or provide a lunch on a subsequent week.



# Enthusiasm



## What is Enthusiasm?

Enthusiasm is being inspired – full of spirit. It is being cheerful and happy. It is doing something wholeheartedly, with zeal and eagerness – giving 100% to what you do. Being enthusiastic is being excited about something, looking forward to it. It comes from having a positive attitude.

## Why Practice It?

Everything becomes boring to a person without enthusiasm. A person without enthusiasm becomes boring, too. Enthusiasm is catching. When you are enthusiastic, other people like to be around you. Enthusiasm makes life more enjoyable.



## How Do You Practice It?

Enthusiasm is a positive attitude. When you enjoy whatever you are doing, even the dulllest job can be fun. Use your imagination to find ways to enjoy what you are doing. Take time for simple pleasures and enjoy the wonders of life. Show enthusiasm to others by celebrating with them when something wonderful happens. Your enthusiasm shines through your smile.

The Virtues Project



## What would Enthusiasm look like if...

- You particularly like a dish your mother or father cooks?
- You like a new song a friend played for you?
- Your brother did well in a sport?
- You are bored and tired of sitting around at home?
- You look outside one night and see the stars?
- You have a big chore to do for your family?

## Signs of Success

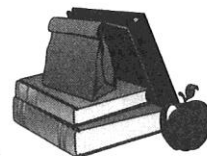
Congratulations! You are practicing Enthusiasm when you...

- Let yourself enjoy looking forward to something
- Think of imaginative ways to get things done
- Do things wholeheartedly
- Smile, laugh and enjoy what you do
- Enjoy the wonders of life
- Are full of positive spirit

## Affirmation

*I am full of enthusiasm. I look on the bright side.  
I give 100% to whatever I do. I use my imagination.  
I am open to the wonders in store for me today.*

# Activities with Enthusiasm



## Activities with Enthusiasm

- Do a game such as musical chairs, once without enthusiasm, once with. Then talk about how it felt different each time.
- Take a simple object, like an apple or a chair and describe it twice: First, as if it is the most boring thing in the world and second, as if it is the most delightful, wonderful thing.



## Virtues Reflection Questions

- How do people without enthusiasm look, sound, act? (Their faces, their movements, their voices)
- What do enthusiastic people look like?
- What activity do you do with enthusiasm?
- What are you enthusiastic about for the future?
- What kinds of work or careers require enthusiasm?
- What difference can enthusiasm make if you have a boring job to do?
- What helps you get back to enthusiasm when you are bored or sad?



## Drawing Enthusiasm

Draw something you are really looking forward to doing when you are older.  
Draw a picture of a bored, boring person and a cheerful, enthusiastic person.



## Poster Points

- Wow!
- That's great!
- Full of spirit.
- Simple Pleasures.
- What a great day!
- Life is fun.



## Quotable Quotes

*"Enthusiasm, n. 1.a. Rapturous interest or excitement. b. Ardent fondness. 2. Something that inspires a lively interest. [Greek enthousiazein, to be inspired by God]."*  
The American Heritage Dictionary

*"When an optimist gets the worst of it, he makes the best of it."* Anonymous

*"Life is fun."* Benjamin Hoff

*"To be successful, the first thing to do is fall in love with your work."* Sister Mary Lauretta

*"It don't mean a thing if it ain't got that swing."* Duke Ellington and Irving Mills

*"Man is just about as happy as he makes up his mind to be."* Abraham Lincoln

*"All that we need to make us really happy is something to be enthusiastic about."*

Charles Kingsley